

AWSS RESERVES THE RIGHT TO  
MAKE SUBSTITUTES WITHOUT  
NOTICE  
MENUS WITH MORE THAN  
2300 MG OF SODIUM FOR THE DAY  
(CONDIMENTS NOT INCLUDED)  
1% MILK OFFERED AT EACH MEAL



**Age Well**  
*Orange County's partner in aging*

# Home Delivered Menu

CHRIS HERNANDEZ, RDN  
CONTRIBUTION: \$9.00  
AGE WELL IS A NONPROFIT  
ORGANIZATION. YOUR CONTRIBUTIONS  
ARE APPRECIATED AND YOUR SUPPORT  
PROVIDES MEALS TO OUR COMMUNITY  
\*ALL HAM PRODUCTS ARE PROCESSED  
FROM TURKEY \*\*PORK = PORK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# March 2024



<b>SWISS STEAK</b> MASHED POTATOES CAPRI BLEND VEGETABLES <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI POUND CAKE  4	<b>MEATLOAF &amp; MUSHROOM GRAVY</b> HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES <b>HONEY MUSTARD HAM</b> SWEET POTATOES CUT CORN APPLE SAUCE  5	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH COOKIES FRUIT CUP  6	<b>POLISH SAUSAGE</b> STEWED TOMATOES COUNTRY STYLE HASH BROWNS <b>TUNA NOODLE CASSEROLE</b> PEAS CREAMED CORN FRESH FRUIT WHEAT BREAD ORANGE JUICE  7	<b>CHICKEN FETTUCCINI</b> BROCCOLI HARVARD BEETS <b>CHILI</b> GREEN PEAS CORN & CARROTS COOKIES  1
<b>CHICKEN PARMESAN</b> SPAGHETTI CREAMED SPINACH <b>CHICKEN RANCHERO</b> SPANISH RICE PINTO BEANS MIXED VEGETABLES APPLES VANILLA PUDDING  11	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE COOKIES  12	<b>CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLESAUCE  13	<b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES SCANDINAVIAN BLEND <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES GRAHAM CRACKERS ORANGE JUICE  14	<b>LEMON ROSEMARY CHICKEN</b> CREAMED SPINACH BRUSSELS SPROUTS <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES  15
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING  18	<b>BARBEQUE CHICKEN</b> SWEET POTATO SUCCOTASH <b>FISH WITH MEXICANA SAUCE OVER RICE</b> CORN ZUCCHINI COOKIES APPLESAUCE  19	<b>CANNELLONI</b> ITALIAN GREEN BEANS CARROT <b>BREADED FISH FILETS</b> CUBED POTATOES MIXED VEGETABLES BANANA  20	<b>POLISH SAUSAGE</b> COUNTRY STYLE HASH BROWNS SAUERKRAUT <b>MACARONI SHELLS WITH MEAT SAUCE</b> ITALIAN BLEND VEGETABLES CORN FRESH FRUIT ORANGE JUICE  21	<b>SALISBURY STEAK &amp; GRAVY</b> HASH BROWN POTATOES HARVARD BEETS <b>BAKED CHICKEN OVER RICE</b> MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT  22
<b>PORK RIBLET</b> POTATOES O'BRIEN MIXED VEGETABLES <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND VEGGIES PEACHES  25	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>BAKED CHICKEN OVER BROWN RICE</b> MASHED POTATOES BROCCOLI FRESH ORANGE CHOCOLATE PUDDING  26	<b>MACARONI CHEESE &amp; HAM</b> SPINACH STEWED TOMATOES <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS COOKIES  27	<b>TURKEY ENCHILADA</b> CHUCKWAGON CORN BROWN RICE <b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES WHEAT BREAD PEACHES  28	<b>TURKEY MEATLOAF WITH TOMATO SAUCE</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN POUND CAKE FRESH FRUIT WHEAT BREAD  29

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Depart. of Agriculture.  
Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**March 2024**



ORANGE JUICE  
OATMEAL  
ALMONDS AND RAISINS  
LOW FAT MILK

**1**

FRESH FRUIT  
1/2 BAGEL  
PEANUT BUTTER  
JELLY  
MARGARINE  
LOW FAT MILK  
ORANGE JUICE

**4**

BANANA  
BRAN FLAKES  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**5**

FRESH FRUIT  
FRENCH TOAST  
SYRUP  
MARGARINE (2)  
LOW FAT MILK

**6**

ORANGE JUICE  
TOASTED OATS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**7**

SCRAMBLED EGGS  
BREAD FOR TOAST  
JELLY  
MARGARINE  
LOW FAT MILK

**8**

ORANGE JUICE  
OATMEAL  
ALMONDS AND RAISINS  
LOW FAT MILK

**11**

ORANGE JUICE  
BANANA  
BRAN FLAKES  
BREAD FOR TOAST (1)  
MARGARINE (1)  
LOW FAT MILK

**12**

FRESH FRUIT  
1/2 BAGEL  
PEANUT BUTTER  
JELLY  
MARGARINE  
LOW FAT MILK

**13**

PEACHES  
FRENCH TOAST  
SYRUP  
MARGARINE (2)  
LOW FAT MILK

**14**

ORANGE JUICE  
OATMEAL  
ALMONDS AND RAISINS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**15**

FRESH FRUIT  
SCRAMBLED EGGS  
BREAD FOR TOAST (2)  
JELLY  
MARGARINE (2)  
LOW FAT MILK

**18**

ORANGE JUICE  
FROSTED MINI-WHEATS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**19**

ORANGE JUICE  
OATMEAL  
ALMONDS AND RAISINS  
LOW FAT MILK

**20**

APPLESAUCE  
RAISIN BRAN  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**21**

WAFFLES  
SYRUP  
MARGARINE (2)  
LOW FAT MILK

**22**

ORANGE JUICE  
WAFFLES  
SYRUP  
MARGARINE (2)  
LOW FAT MILK

**25**

FRESH FRUIT  
1/2 BAGEL  
PEANUT BUTTER  
JELLY  
MARGARINE  
LOW FAT MILK

**26**

ORANGE JUICE  
TOASTED OATS  
YOGURT  
LOW FAT MILK

**27**

BANANA  
BRAN FLAKES  
LOW FAT MILK

**28**

FROSTED MINI-WHEATS  
BREAD FOR TOAST  
MARGARINE  
LOW FAT MILK

**29**